

Prep Blog Review: Meal Ideas + How To Store Them

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Being able to independently feed our families is the main focus of self-sufficiency. Whether you call this prepping, gardening, or animal farming, that's the goal.

The main issues I encounter when it comes to food is lack of money and storage.

Here are some useful tips I could find this week, on this topic. If you have any other suggestions (you can also check [this](#) and [this](#)), let me know in the comments section. Remember, we're in this together!

1. 15 Common Food Storage Mistakes To Avoid



"Coming to terms with a realistic food storage strategy can be tough. Everyone seems to have an opinion whether it is to focus primarily on store-bought canned goods, commercially packaged freeze-dried products, or food that is preserved at home using a pressure canner. Each has advantages and disadvantage in terms of space, cost, portability, and convenience. Regardless of your stand on food storage, there is a common thread among all preppers. We want our food storage to remain viable and nutritious for the longest period possible."

Read more on [Backdoor Survival](#).

2. 10 Best Survival Foods at Your Grocery Store



"An emergency can strike without warning and unfortunately, most people find out too late that they are missing the essential supplies. Far too many times you've seen on the news how people line up in front of grocery stores hoping to get some last minute survival foods. If you end up doing the same, you should at least know what to buy for your grocery store."

Read more on [Prepper's Will](#).

3. How to Make Ezekiel Bread



"Several years ago Julie posted about an Ezekiel Bread Recipe that one of our readers shared on Facebook and asked someone to try for her since she didn't have a wheat grinder. I recently started a new eating plan and one of the recommended foods for my carbohydrates is Ezekiel Bread. I knew I needed to finally try this recipe for myself as it makes way more sense to rotate through my grains and legumes as opposed to buying this expensive bread from the store."

Read more on [Food Storage Made Easy](#).

4. Garlic-Dill Sauerkraut



"I have converted several self-professed haters of sauerkraut with this garlic-dill blend. It tastes just like dill pickles. And almost everyone likes dill pickles, including kids."

People who tell me they hate sauerkraut often also say they want to like it because of the many health benefits that lacto-fermented foods such as sauerkraut offer."

Read more on [Zero Waste Chef](#).

5. Lacto Fermented Garlic Scape Recipe



"It's garlic scape season! Garlic scapes are the edible flower stalk of hard-neck garlic that shoot up in late May or early June. It is important to remove the scapes so the garlic plant can put its energy into developing beautifully big bulbs. (Check out my Ultimate Guide to Growing Garlic for more information on growing great garlic!) Luckily, garlic scapes are intensely flavored, delicious, and versatile, and taste wonderful in a variety of dishes, including this lacto fermented garlic scape recipe."

Read more on [Homestead Honey](#).

Prep Blog Review Bonus: Food Storage Calculator

Fill all the info required and click on the "Calculate My Food Storage Needs" button @ [Ready Nutrition](#)

For even more back to basic tips on the matter, click on the banner below:



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Took With Them When They
Traveled For Months**

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